

# ARE YOU KIDDING YOURSELF ABOUT SMOKING?

Are you using any of these excuses to keep smoking?



- **Scientists still haven't proven that cigarettes cause cancer.**

Thousands of research studies have shown there is a link between smoking and lung cancer. No doubt remains. These studies also have shown that smoking causes chronic bronchitis and emphysema. Smoking also is associated with heart disease, diseases of the circulation and ulcers.

Smoking reduces the quality of life for smokers and can cause shortness of breath, less energy and more colds. Smoking also pollutes the air for nonsmokers and may damage their health.

It is not a good feeling to know that you are destroying your health and harming those around you. After you've stopped smoking, your mind and body will feel better.

- **I don't smoke enough to get the diseases that smoking causes.**

Heavy smokers do have a greater chance of getting diseases such as emphysema. But light smokers get them too. Light smokers have a greater chance of getting these diseases than do nonsmokers.

- **It's too hard for me to stop smoking. I won't make it.**

It can be hard for some people to give up smoking. For others, it is much easier than they expected. Over forty-four million Americans have quit smoking. Each day that you do not smoke, you will be developing a stronger nonsmoking habit. Your desire to smoke will become less, and finally disappear. Anyone who really wants to quit can do it if he or she keeps at it.

- **I don't have to worry about my health if I use low-tar cigarettes.**

There is no safe cigarette. Low-tar cigarettes often produce higher levels of chemicals like carbon monoxide than high-tar cigarettes. Also, to get the amount of nicotine you're used to, you may inhale deeper and more often.

- **Smoking relaxes me.**

A cigarette may give you the level of nicotine your body has become used to, but don't call that real relaxation. It's just temporary relief from the tension caused by your need for a nicotine fix. Smoking actually increases your heartbeat and blood pressure. You can learn to relax in ways that are as effective and much better for you. You'll learn more about relaxing as you get into the program.

- **If I stop smoking, I'll gain weight.**

Some people do gain weight when they stop smoking. Others do not. Some even lose excess weight. In some people, stopping smoking slows down their body chemistry as they return to a state of well-being. So they may gain a few pounds. This small weight gain will usually disappear after the body adjusts to the way it was before you started smoking.

So don't worry about gaining weight. You'd have to gain 80 or 90 pounds to do as much damage to your health as one pack of cigarettes a day!

After you have learned to stop smoking, we will show you how to keep from gaining weight. Weight gain is a problem that can be easily handled. Meanwhile, try not to substitute food for cigarettes.

- **Air pollution is just as dangerous as cigarettes.**

No, it's not. Air pollution is more dangerous only when there's an accident, such as poison gas escaping, or in a workplace where a dangerous substance is not properly controlled.

True, air pollution is becoming more and more serious. However, air pollution is diluted by the air in open spaces. The poisonous materials in a cigarette are inhaled directly into your lungs.

Smokers who live or work in heavily polluted areas have much higher rates of lung diseases than do nonsmokers. Any way you look at it, you do not want to breathe in poisons, particularly in the concentrated levels found in cigarette smoke.

- **I've smoked so long that it won't make any difference if I quit now.**

Wrong Research has proven that your body benefits from quitting, no matter how long you've been smoking. Your body can even repair some of the damage that has been done. Your body will begin to function more efficiently. You will feel better and look better and healthier. Remember...

You are not giving up something, you are gaining your freedom! Cigarette smoking is becoming socially unacceptable. The people near you-at work, in public places, at home-will be happier to be around you. Everyone will breathe cleaner air.

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